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SHE ONCE WAS LOST ...

... BUT NOW CANADIAN ACTRESS EVANGELINE LILLY CAN BE FOUND IN PETER JACKSON'S THE HOBBIT: THE DESOLATION OF SMAUG PAGE 8

Baby, it's unseasonably cold outside

Chillier-than-average pattern. Blocking pattern of B.C. coast contributing to cold snap, though mid-week warm-up could see temps rise to –16 C

MORGAN MODJESKI
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Saskatchewan residents looking for relief from the province's bitter deep freeze will have to wait, as Environment Canada says there's more cold weather to come.

High temperatures in both Regina and Saskatoon are expected to hover around –20 C in the coming week — the lows touching near the –30 C mark, not factoring in wind chill.

Despite a potential mid-week warm-up, Saskatchewan's two largest cities will see highs of –13 C colder than average.

Environment Canada meteorologist Dan Fulton said while such low temperatures are not unusual, getting locked into a deep freeze so early in the season is uncommon.

"It's a little early in the winter to get locked into this much of a colder-than-average pattern," he said.

"Usually it's more maybe January, February where you get locked into an extended stretch of –20 C with the highs — but it's not unprecedented."

Environment Canada reported a blocking pattern on the B.C. coast could be blamed for Saskatchewan's cold weather, as the stationary atmospheric pressure mass is preventing warm air from the upper-level westerlies from travelling across the Rockies.

"What that means for us here in the Prairies is that we're stuck in pretty much a consistent northerly flow," Fulton said.

"It's basically uninterrupted air from the Arctic and it's going down fairly deep into the United States."

Despite predictions that the province's major urban centres will stay well below average highs, the upcoming week will be slightly warmer than last week when Saskatchewan saw average highs of –25 C and average lows of –35 C, with some areas of the province seeing lows dropping to –40 C.

SAYING GOODBYE TO A GIANT

A boy is lifted up to help him look at the tributes placed outside the home of former president Nelson Mandela in Johannesburg, South Africa, on Sunday. South Africans of all races gathered at houses of worship Sunday for a national day of prayer and reflection as a large contingent of foreign dignitaries, including royalty, begin arriving in the country to pay their final respects to the liberation-struggle icon. **Story, page 3.** MATT DUNHAM/ THE ASSOCIATED PRESS

Canadian arms sold to Iraq, Algeria

Countries with dubious human-rights records are recipients of made-in-Canada weapons PAGE 4

Even Santa has to watch his bank account

Metro columnist talks budgeting while playing the Big Guy — especially when that wish list gets pricey PAGE 10

Bringing science to the monster hunt

Cryptozoologist combines serious study with the supernatural, but says there will always be room for eccentrics in his field PAGE 12

Exhaust rises as cars pass over the Sid Buckwold Bridge on Sunday afternoon. Saskatoon police responded to a total of 57 calls concerning accidents or accidents with injuries over the weekend, including two multi-vehicle crashes on the Sid Buckwold Bridge. MORGAN MODJESKI/METRO

Icy, busy city streets keep police occupied

Traffic. SPS says accidents doubled when compared to weekend two weeks earlier

MORGAN MODJESKI
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Saskatoon police officers were kept busy over the weekend as a perfect storm of icy roads, high traffic levels and distracted driving contributed to a number of collisions around the city.

From 12 p.m. Friday until 11 a.m. Sunday, the Saskatoon Police Service (SPS) received 57 calls regarding accidents or accidents with injuries.

"We're pretty much double what we would normally see," said Staff Sgt. Dave McKenzie, watch commander with the SPS.

"If ever there was a time to make sure there isn't driver distraction and that people are completely focused on the task at hand, which is safely piloting their vehicle through the city, this would be the time."

McKenzie noted bridges, overpasses and exit ramps are particularly dangerous for drivers as the elevated structures are prone to "extreme icing," but holiday shopping might have had a role to play, as more people hitting the malls means more traffic on city streets.

"People are out in droves Christmas shopping, there are more people out on the roadway, and because of that people are fighting crowds wherever they go," he said.

"So the tolerance and patience level of people would most certainly play into frustrations ... on the roadway."

While winter collisions can put pressure on Saskatoon's streets, it also puts pressure on police and other emergency services as crews can spend hours responding to a single call.

"We'll never stretch ourselves to a position where we're unable to respond to an emergency, but it does heighten everyone's sense that we could be stretched to capacity very quickly."

McKenzie noted while the SPS received 57 calls, a call may include more than one vehicle and the number does not account for walk-in reports.

December 2012

Murder charge laid in boy's death

A man in northern Saskatchewan is accused of killing a three-year-old boy one year ago.

The boy died in December 2012, three days after police say they were called about a child in medical distress at a rural property near Garrick.

Police say the child was taken to Nipawin for medical treatment, but couldn't be airlifted to Saskatoon because of freezing rain.

According to police, he was transported to Saskatoon eventually, but died there in hospital on Dec. 7.

Sgt. Craig Cleary says the coroner reported the death was caused by blunt-force trauma.

Shane Pashke, 33, of Garrick faces a charge of second-degree murder. THE CANADIAN PRESS

Highway 21

Man dies in van-semi collision

A man was killed in a two-vehicle collision on Sunday afternoon in west-central Saskatchewan.

According to RCMP, a southbound minivan on Highway 21 veered into the northbound lane and collided with a semi-trailer at about 12:30 p.m.

The driver of the semi-trailer attempted to avoid the minivan but was unable to swerve around it, police said. METRO

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People hold hands as Rev. Ndumiso Gawe leads them in prayer outside the home of former president Nelson Mandela in Johannesburg, South Africa, Sunday. South Africans flocked to houses of worship for a national day of prayer and reflection to honour Mandela, kicking off planned events that will culminate in what is expected to be one of the biggest funerals in modern times. MATT DUNHAM/THE ASSOCIATED PRESS

South Africans unite to remember Mandela

Farewell to a hero. Mourners of all races come together to celebrate the man called 'that moonlight in the dark night'

In death, Nelson Mandela unified South Africans of all races and backgrounds Sunday on a day of prayer for the global statesman — from a vaulted cathedral with hymns and incense to a rural, hilltop church with drums and dancing.

Mandela was remembered in old bedrocks of resistance as well as former bastions of loyalty to apartheid.

"May his long walk to freedom be enjoyed and realized in our time by all of us," worshippers said in a prayer at the majestic St. George's Cathedral in Cape Town, where the first white settlers arrived centuries ago aboard European ships.

South Africa's reflection on Mandela's astonishing life was a prelude to a massive memorial in a Johannesburg stadium Tuesday that will draw world leaders and luminaries. They will gather to mourn, but also to salute the achievements of the prisoner who became president and an emblem of humanity's best instincts.

The extended farewell ends Dec. 15, when Mandela is to be buried in his hometown of Qunu in Eastern Cape province.

The anti-apartheid campaigner wanted to die in those modest, traditional surroundings; instead, he died Thursday at age 95 in his home in an exclusive Johannesburg area. He was surrounded by family after months of a debilitating illness that required the constant care of a team of doctors.

The Rev. Sebastian J. Rossouw compared Mandela to the biblical figures Isaiah and John the Baptist as men who led in dark times, calling him "that moonlight in the dark night."

God "sent us this man to show us the depths of the human heart, he sent us this man to show us that despite what was going on at the time, light could shine," Rossouw said. He warned of the flaws of modern life in South Africa, preaching against the "corruption and crime" that plague the country.

Mandela's ex-wife, Winnie Madikizela-Mandela, joined one of his grandsons, Mandla Mandela, and South African President Jacob Zuma in a prayer service in Johannesburg.

Foreign dignitaries began arriving Sunday, and the South African government said more than 50 heads of state were expected. Those attending include Prime Minister Stephen Harper, U.S. President Barack Obama, British Prime Minister David Cameron and UN Secretary-General Ban Ki-moon.

THE ASSOCIATED PRESS

A force for unity

"He said, 'Let's forgive,' and he forgave. That created a space for people to feel safe ... at a time when the expectation was that there was going to be a war."

Rev. Niekie Lamprecht, pastor of the Dutch Reformed Church of Pretoria East, who said Mandela was the driving force behind changes of attitude in the congregation's overwhelmingly white parishioners.

Canada's delegation

A who's who of Canadian politics boarded Stephen Harper's plane to join the prime minister as he flew to South Africa to pay respects to Nelson Mandela, where he will attend a public memorial Tuesday in Johannesburg.

- Brian Mulroney, Jean Chrétien and Kim Campbell. NDP Leader Thomas Mulcair also boarded the plane.
- Liberal Leader Justin Trudeau didn't board, Instead, Liberal MP Irwin Cotler joined the delegation.

Mandela's jailer

An unlikely friendship

Christo Brand FACEBOOK

He was with Nelson Mandela during all those years the anti-apartheid icon was imprisoned on Robben Island. And, like millions around the world, he has been hit hard by Mandela's death.

Yet this South African was not one of Mandela's fellow prisoners. Christo Brand was his jailer.

Such was Mandela's charm and ability to turn enemies into allies that even the black political prisoner and the white Afrikaans warden forged an unlikely but enduring friendship.

Mandela and Brand last met about two years ago when Brand, now in his 50s, brought his wife, son and grandson to see Mandela in Cape Town in a Sunday afternoon visit that lasted nearly three hours.

They had "nice chats about the past, about his family. He wanted to pick up my grandchild, to hold him, which he was a little bit shy to go to him. You could see he really reached out for touching a child at that moment," Brand recalled.

"When I got the message when he passed away, it was very sad for me," Brand said Saturday. "But I think he was successful and he did what he wanted to do. I wanted him to go in peace and I am thinking of the family today, what they go through."

Brand once again works on Robben Island, which is no longer a prison but a bustling tourist attraction. He and other former guards and prisoners tell visitors about the new South Africa's racial reconciliation.

THE ASSOCIATED PRESS

Rehtaeh Parsons vigil in Halifax

Leah Parsons, centre, hangs an ornament on a Christmas tree during a vigil in honour of her daughter Rehtaeh as partner Jason Barnes looks on. Rehtaeh, who took her own life last April after being bullied over an alleged sexual assault, would have turned 18 on Monday. RUTH DAVENPORT/METRO IN HALIFAX

Bahrain, Algeria, Iraq get new exports of Canadian guns, ammo

Arms control. Canada has yet to sign the UN Arms Trade Treaty, an attempt to regulate the multi-billion dollar industry

Bahrain, Algeria and Iraq, countries with dubious human-rights records or a history of violent internal conflict, have recently become new buyers of Canadian-made guns and ammunition, an analysis of federal government data shows.

The analysis by The Canadian Press found that Canadian exports to those countries swelled by 100 per cent from 2011 to 2012, the most recent figures publicly available.

During the same time period, exports of Canadian weapons also increased to Pakistan (98 per cent), Mexico (93 per cent) and Egypt (83 per cent), where, respectively, al-Qaida terrorists, a deadly government war on drug cartels and seismic political upheaval have sparked violence.

Though Canada's arms trade is legal and regulated, analysts say the increases raise questions about the government's foreign-policy commitment to human rights, and its regulatory regime for arms exports.

"Diversification is a principle of business in this globalized economy. As we see western militaries decrease their defence budgets, military industries will be looking for new markets," said Walter Dorn, the chair of international affairs studies at the Canadian Forces College.

Canada's sales to Bahrain and Algeria skyrocketed between 2011 to 2012 — a period during which both countries suppressed pro-democracy protests. "It is really strange timing that Canada would be increasing a sale of arms or military equipment, let's say, at this moment when Bahrain has been involved in violently repressing its own peaceful democracy demonstrators," said Roland Paris, director of the Centre of International Policy Studies at the University of Ottawa.

The Canadian Press provided a list of questions to the offices of International Trade Minister Ed Fast and Foreign Affairs Minister John Baird, but a reply from Foreign Affairs left many unanswered.

Foreign Affairs carefully reviews all exports of weapons to ensure they "do not contribute to national or regional conflicts or instability" or "are not used to commit human rights violations," the statement said.

THE CANADIAN PRESS

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Sensible B.C.'s campaign.
Petition to force pot referendum unsuccessful

Members of the Sensible B.C. campaign beside the Cannabus, their mobile headquarters. JENNIFER GAUTHIER/METRO FILE

There was plenty of smoke, but ultimately no fire for Sensible B.C.

Campaign organizer Dana Larsen confirmed Sunday that the "citizen's initiative for a referendum on decriminalizing marijuana possession" has failed ahead of Election B.C.'s Monday deadline.

"We're not going to make it," said Larsen. "We're very proud of our team of canvassers and what we accomplished; 200,000 signatures is still a remarkable feat."

Larsen and his team needed to collect the signatures of 10 per cent of registered voters in every single one of B.C.'s 85 electoral districts in a 90-day period for the initiative to be a success.

"We're not done counting yet and there are last-minute signatures coming in, but it looks like we reached the threshold in about two dozen ridings," said Larsen.

That's well shy of the 85 required, though Larsen says they reached two-thirds of their goal.

MATT KIELTYKA/METRO IN VANCOUVER

Rampage

Man slams six police cars

A 38-year-old man is in custody after he allegedly slammed a truck into six police cruisers and flooded a hospital in what police are calling a "destructive rampage."

According to the RCMP, around 1 a.m. Sunday, the man allegedly smashed a Jeep Cherokee that had been reported stolen into an unoccupied police cruiser. But the so-called rampage really began when he traded in the smaller vehicle for a five-tonne rental truck parked nearby.

Police say he backed the semi into two more parked police cars and proceeded to crash into three other cruisers, the abandoned Cherokee, and, finally, a utility pole.

By then, police had arrived, and they arrested the man as he attempted to run from the scene. Officers took the man to Burnaby General Hospital, but he jumped out of his hospital bed and yanked off a sprinkler head. Water poured down from the pipe, forcing staff to shut down the emergency ward.

ELIZABETH HAMES/ METRO IN VANCOUVER

Thailand

Political crisis deepens

Thailand's main opposition party resigned from parliament on Sunday to protest what it called "the illegitimacy" of an elected government with which it can no longer work.

The move deepens the country's latest political crisis as new street demonstrations are set to begin which many fear could turn violent.

THE ASSOCIATED PRESS

Germany

President to boycott Sochi

German President Joachim Gauck is boycotting the Winter Olympics and will not travel to Sochi, Russia next year. The decision is to protest against human rights violations and harassment of Russian opposition political figures. Gauck is an outspoken critic of Russia's human-rights record.

THE ASSOCIATED PRESS

Ukrainian anti-government protesters rally in Kyiv

Revolution of dignity. Solution to the crisis appears elusive with the Russian-aligned government making no concessions

Angry anti-government protesters toppled a statue of former Soviet leader Vladimir Lenin in the centre of Kyiv on Sunday and blockaded key government buildings amid huge street protests, raising the stakes in an escalating standoff with President Viktor Yanukovych.

The biggest protest in the former Soviet republic since Ukraine's pro-democracy Orange Revolution in 2004 led the government to fire back. It announced an investigation of opposition leaders for an alleged attempt to seize power and warned the demonstrators they could face criminal charges.

The West pressed for a peaceful settlement.

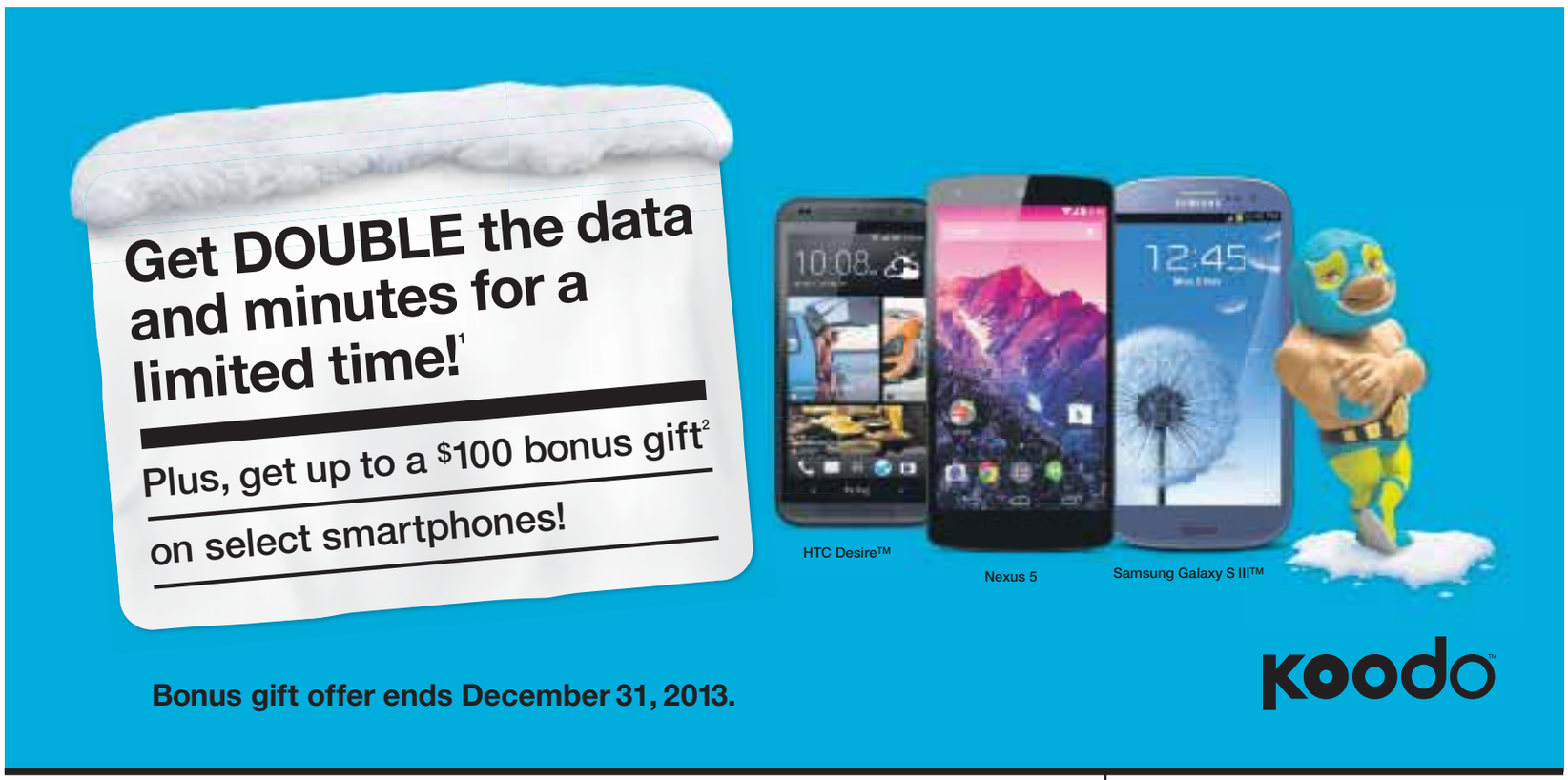
Hundreds of thousands of Ukrainians flooded the centre of Kyiv to demand Yanukovych's ouster after he ditched ties with the EU in favour of Russia and sent police to break up a protest. Packing Independence Square as far as the eye could see, Ukrainians waving European Union flags and sang the national anthem. THE ASSOCIATED PRESS

Quoted

"I am convinced that after these events, dictatorship will never survive in our country."

Opposition leader Vitali Klitschko. The protests have an anti-Russian component as Russia worked to derail the EU deal.

Ukrainian protesters smash a statue of Lenin after toppling it, in Kyiv, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS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Cracking open a new market — Hampton Creek Foods CEO holds a species of yellow pea used to make a plant-based mayonnaise. ERIC RISBERG/THE ASSOCIATED PRESS

I can't believe it's not mayo!

Which came first, the chicken or the egg? Hampton Creek Foods hopes the answer is neither, as it aims to find plant-based alternatives for foods such as mayo

The startup is housed in a garage-like space in San Francisco's tech-heavy South of Market neighbourhood, but it isn't like most of its neighbours that develop software, websites and mobile-phone apps. Its mission is to find plant replacements for eggs.

Inside, research chefs bake cookies and cakes, whip up batches of flavoured mayonnaise and pan-fry omelets and French toast — all without eggs.

Great eggspectations

"The egg is a miracle, so one of the hardest parts of replacing it is all the functions that it can do."

Chris Jones, Hampton Creek Foods's culinary director of innovations and a former contestant on Bravo TV's Top Chef

Funded by prominent Silicon Valley investors and Microsoft founder Bill Gates, Hampton Creek Foods seeks to disrupt a global egg industry that backers say wastes energy, pollutes the environment, causes disease outbreaks and confines chickens to tiny spaces.

The company, which just started selling its first product — Just Mayo mayonnaise — at Whole Foods Markets, is part of a new generation of so-called food-tech ventures that aim to change the way we eat.

THE ASSOCIATED PRESS

Public prayer

Pope gives voice to 'cries of the poor'

Pope Francis, in the heart of Rome's fanciest shopping district, prayed on Sunday that the poor are never forgotten.

His appearance at the foot of the Spanish Steps follows a papal tradition of public prayer before a statue representing Mary on Dec. 8, a church holiday honouring the mother of Jesus. THE ASSOCIATED PRESS

A statue of the Virgin Mary THE ASSOCIATED PRESS

Research. Drug from viper venom may prevent cause of heart attacks, strokes

It's one of the world's most poisonous snakes, and researchers hope the venom of the viper can provide a medication to help prevent one of the world's leading killers.

A team of researchers has purified a protein from the snake's venom to develop an experimental drug aimed at preventing blood clots that can cause a heart attack or stroke.

The venom from the Southeast Asia pit viper is so potent it's dubbed a hundred pacer — based on the belief that someone who is bitten will be able to walk no more than 100 steps before dying. THE CANADIAN PRESS

Venom is extracted from a viper. ST. MICHAEL'S HOSPITAL/THE CANADIAN PRESS

LAYOFFS A SIGN OF A 'STRONG' ECONOMY?

URBAN COMPASS

Paul Sullivan
saskatoon@metronews.ca

Whoops.

We've encountered a pothole on the road to permanent prosperity here in Saskatchewan. The slight detour required means that 440 PotashCorp miners will lose their jobs just in time for Christmas.

Bummer. But no reason to panic, according to Premier Brad Wall, who says "Saskatchewan's diversified economy remains strong," which no doubt comes as a relief to the out-of-work miners.

It's hard to take the philosophical long view when you're out in the cold. And it's even harder to bear when PotashCorp cuts 18 per cent of its work force even though it earned $356 million in the third quarter of 2013. That's in three months, folks. So that's what you do when you earn $356 million in a quarter? Lay off nearly one in five of the people who work for you?

And I can't speak for the laid off miners, but when your CEO is routinely among the highest paid executives in Canada and made an eye-popping $320 million in 2007, you might be feeling a little potashed right now.

Even more galling is the fact that the reason the price of potash has dropped really doesn't have much to do with the cycle of supply and demand. It's mainly because two companies involved in the Russian-Belarus potash cartel are in the midst of a tiff, so they're not conspiring to manage the supply and keep the price high.

It's hard not to make comparisons. Belarus arrested the head of its potash cartel; Brad Wall sent a strongly worded letter to PotashCorp CEO Bill Doyle. Uralkali boss Vladislav Baumgertner is cooling his heels in the notorious Lefortovo prison in Moscow; Bill Doyle is free to collect his bonus.

That's democracy for you.

Don't get me wrong. I'm not suggesting we arrest Bill Doyle (although if he keeps making astonishing statements such as the dividend PotashCorp pays to its shareholders is "sacrosanct," we should at least make him take compulsory media training). I am suggesting that Bill Doyle's and Saskatchewan's interests do not always align.

To his credit, the premier understands this. But while it may not be time to panic, it's important to remember that exports represent 40 per cent of Saskatchewan's gross domestic product and that potash and petroleum and wheat make up two-thirds of those exports. Whatever you want to say about Saskatchewan's economy, it is not self-sustaining. It remains vulnerable to the shenanigans of the Vladislav Baumgertners of the world.

And, closer to home, to the corporate choreography out of the PotashCorp corner office.

Meanwhile, if you're a laid-off potash miner, you'd like to believe the premier when he says the economy is strong, and hope you'll be back on the employment rolls by Christmas.

But you're left to wonder: If this is what Christmas looks like when the economy is "strong," how will it look during the next recession?

ZOOM

One team caves in first

CHRISTOPHER FURLONG/GETTY IMAGES

Cricket goes deep in the ground

The world's first underground cricket match has taken place in a slate mine under a mountain.

The unique sporting fixture saw village clubs Caldbeck and Threlkeld play 600 metres (2,000 feet) deep inside England's last working slate mine at Honister in the English Lake District.

METRO

The treasurer says

"It was murky, water was dripping off the sides of the mine, the ground was muddy and the balls kept ricocheting off the walls. But it was a nice game, despite our team losing."

Michael Webster, treasurer of Threlkeld Cricket Club
The match was won by Caldbeck after they scored 28 runs with one over and four balls to spare.

Club raises money with extreme game

In June 2012, Threlkeld was hit by a flood that wrecked the club's cricket ground. To raise money to fix it, the club invented Extreme Cricket: Matches played in unusual locations, the photos of which are made into a calendar sold online. With proceeds from their site rainstoppedplay.org, Threlkeld hopes to have their ground ready in August. **METRO**

Where else?

- The game has also been played on a frozen tarn; on a mountain in the Lake District; on top of a steam engine; underwater in the local Derwent River; and inside a local theatre.
- The cricket club says it has no plans to export the quirky game overseas.

CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Theatre for Peace

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet.

Who: Tahirah Stanley, 24, (pictured) actor and activist, from Toronto.

What: Theatre for Peace, a youth-empowering performing arts program.

Why: "Theatre has a way of really encouraging people to step outside their comfort zone and develop confidence — that's what it did for me," says Stanley.

Two years ago, Stanley started Theatre for Peace, a program that engages Toronto teens to combine their interests for the arts with their passions for social issues. Eight to 10 youth participate in each 12-week course, choosing issues to focus on and working with industry experts to create performances to share with the community — from poetry to rapping to dancing.

What inspired you to get started? "Theatre is really, really important in my life. I wanted to be a positive role model to youth in my neighbourhood, and I thought they would benefit from being connected to people outside their immediate community."

What motivates the work you do every day? "The youth that I work with are amazing! It really fuels my soul to see the change and the impact in these youth. It makes me happy to see other people happy, and to see them flourishing and becoming confident people."

CRAIG AND MARC KIELBURGER

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SCENE 2

It took a dragon to drag actress Evangeline Lilly out of retirement

The Hobbit: The Desolation of Smaug. She was done with her profession, then Peter Jackson called

RICHARD CROUSE
scene@metronews.ca

Evangeline Lilly plays the 600-year-old wood elf Tauriel in The Desolation of Smaug, opening Friday. CONTRIBUTED

The show Lost propelled Evangeline Lilly from unknown model to television star.

For six seasons she played Kate Austen on the hit series, earned a Golden Globe nomination, numerous Sexiest Women in the World titles and became the face of L'Oreal Paris.

But the trappings of fame didn't sit well with the Alberta-born actress. "I'm a small town Canadian girl," she says. "It just doesn't jive with me."

So instead of looking for the next big thing following Lost's 2010 finale, she took a step back.

"My resolve to retire came when I realized it was actually the job itself that was killing me. I'm a very undramatic woman. I keep my life very simple. I don't have a lot of emotional energy to spend. I don't argue with my spouse. I don't make drama where there doesn't need to be any. I don't have girlfriends who are dramatic. I just can't stomach it.

"Having a job that required that I be at the height of drama emotionally for 14 hours a day, all day, every week for six years running was doing bad things to my health, to my psyche. I wasn't in a good place. I really believe if you're not happy, get out. It doesn't matter how much someone is paying you or how famous you've become, it's not worth it if you're not happy and you're not healthy."

It took Peter Jackson and a plum role in The Hobbit: The Desolation of Smaug to bring her out of self-imposed seclusion.

"When they asked me I was three months out of giving birth to my first son," she says. "I thought I had retired to a life of writing and motherhood. I thought I was done with acting. And then he called. I thought, 'This is too huge of an honour. I can't say no to this. This is something I had dreamed about since I was a little girl,' so I took the job."

Quoted

"This is something I had dreamed about since I was a little girl."

Evangeline Lilly on playing her role in the new Hobbit film.

In the action-adventure she plays Tauriel, a 600-year-old wood elf created specially for the film. She says the character is "driven by her desire to help the vulnerable and the weak."

We'll see her again as Tauriel next year in The Hobbit: There and Back Again and after that, who knows, although she says, shooting The Desolation of Smaug in New Zealand was "such a positive experience that it has actually changed my mind about my profession."

On powerful females

- **Evangeline Lilly likes the soft side of her current role.** "One of the things I struggle with, with powerful female roles in the media right now, is that often they are associated with male violence. If a woman can kill and slaughter like a man then suddenly she's a powerful woman, which I actually think diminishes her power. I don't think that makes them powerful. I like that this character is a softhearted compassionate elf driven out of her need for justice and her seeking of the truth. I think that is more a distinct female power. I think in the past vulnerability and compassion have been associated with weakness and I think they give a woman her power."

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Paul Walker. ALL PHOTOS GETTY IMAGES

Trying to make off with a piece of history

What kind of a ghoulish creep does something like this? Sorry. Alleged ghoulish creep. According to E! Online, after Fast and Furious star Paul Walker's fatal crash, the parts of his totaled Porsche were gathered in a truck for transport to the impound yard.

Unfortunately, when the truck was stopped at a light, a witness saw a man get out of his car and grab a piece of the wreckage.

"The male drove away with the stolen vehicle part," the report said.

Luckily, police were able to trace the man and they tracked down the stolen part. One suspect, Jameson Witty, was arrested in his home in Tujunga, Calif. The car part, a roof panel, was found in a different home.

Police are apparently arranging for a second suspect to turn himself in.

Walker died in a car accident Saturday afternoon in Los Angeles, his rep confirmed. He was 40 years old.

MELINDA TAUB/METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sharon Osbourne finds a new way to scare us all

STARGAZING
Malene Arpe
scene@metronews.ca

Sharon Osbourne shares that "it was just excruciating" having her lady-parts tightened by a surgeon. What? I didn't hear because I was distracted by the excruciating pain of sticking an ice pick in my ear. I have a feeling it was worth it, though.

Glamour UK names Henry Cavill the sexiest man of 2013 with Robert Pattinson and Liam Hemsworth in second and third spot, respectively. Tom Hiddleston is number four… . I apologize. That is the dumbest thing I've ever heard. In no realm are Superman, Sparkle Vamp and Not-Peta sexier than Loki. This list is obviously fake and stupid and I will say no more about it.

Joe Jonas says that he first tried pot when he was 17 and lost his virginity at 20. That explains why Miley Cyrus and Justin Bieber just laughed so hard they threw up on their own shoes.

Barbara Walters' Most Fascinating People list is comprised of an actress, an anchor, a pope, a prince, a swimmer, a singer, a data-leaker, a Kimye and some bearded duck people. Said John le Carré: "I smell a bestseller."

Olympic diver Tom Daley says that he's in a happy relationship with a guy while actress Maria Bello reveals she has a girlfriend. Dammit. That's not who I picked for the 2013 celebrity sexual orientation derby bifecta.

Amanda Bynes

Doctors warn Bynes off going to school

Finally out of psychiatric treatment, Amanda Bynes is eager to go back to school for fashion design, but apparently her doctors think she shouldn't.

"Amanda was told by her doctors that going to fashion school so soon after being released from the Canyons (treatment facility) is an absolutely terrible idea," a source tells Star magazine. "It's almost setting her up for failure. There will be pressure on Amanda as far as school work, deadlines, and it's unlikely she will be able to succeed."

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Kicking it old school

Parents not keen on reading e-books

Children's storybooks are in no danger of becoming extinct, suggests a report on how kids and parents are embracing e-books.

Based on the results of online surveys conducted for Booknet Canada, a non-profit industry organization that tracks sales and trends, it appears parents and children aren't eager to give up on the time-honoured tradition of flipping through paper books in favour of swiping around in digital content.

Of the more than 800 parents interviewed, about 41 per cent said they currently read e-books. More than 200 teens between 14 and 17 were also polled (with their parents' permission) and 27 per cent said they were e-book readers.

But few indicated they actually prefer digital books or could see themselves eschewing paperbacks for good.

Only one per cent of the parents polled said their kids aged 13 and under were at the point of reading more e-books than print books.

The researchers also asked parents how their kids were using mobile devices.

The report suggests just over 60 per cent of kids aged three or four have access to an Apple or Google Android phone or tablet in their home. Among 11- to 13-year-old kids, about 80 per cent had a device in their home.

THE CANADIAN PRESS

Exclusively online

The Elf on the shelf is driving Mommy insane! Find out why with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices

Playing Santa on a budget

Gift giving. What do you do if your kid asks the Big Guy for something expensive? Metro's columnist has some ideas

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forty-one per cent of Canadians surveyed by Leger indicated budget as their top holiday stress. ISTOCK

'Tis the season to be stressed out, falalalala lalalala yikes.

While Christmas brings a lot of happiness to families, it can also be a frantic time, and the biggest causes of stress (according to a recent Leger survey conducted for PCFinancial) are associated with gifts: the buying and the giving. Forty-one per cent of Canadians surveyed listed budget as their top source of holiday stress, which was matched by 41 per cent also indicating they felt stress over choosing just the right gift. Clearly, finding the balance between the two is difficult.

For parents, it can be especially challenging when dealing with children, particularly those who assume it's Santa bringing their gifts, not penny-pinching mom and dad. But what can parents do when they know the most desired gift is well outside of even Santa's budget?

Have the kids make out a wish list, and check it twice to make sure they have listed more than one item. Budget or availability may make delivering that single desired object impossible. Explain to the kids that even Santa can be "out of stock" or have to spread his spending around.

Older kids (age seven-nine) should understand the value of money, even if they are expecting Santa to bring gifts. Suggest to them they can contribute earned chore money, or money saved in a bank account, to leave out for Santa, who can pocket the cash and deliver a more expensive gift in return.

Have a number and stick to it. It's easy to get stuck in the "evening out" trap when you have more than one child. If they are still counting the number of presents, fill some boxes with inexpensive candies or dollar store items.

The biggest joy of Christmas, according to the survey, is spending time with family (65 per cent), so it makes sense to give a (budget friendly) gift that families can enjoy together. Many kids ask for electronics, so look for one that can be shared.

Kobo has some terrific options to get families reading together, and its gift cards are an easy way to get new e-books, which can be given by other family members.

Cashing in loyalty points (as 46 per cent of Canadians say they will do) is a great way to purchase gift cards. A Cineplex gift card lets you share time at a movie with a family member. Give yourself a gift and deck those bills with vows of holiday savings. **GIVE THE GIFT OF KATHY'S, I AM SO THE BOSS OF YOU AVAILABLE AT BOOKSTORES EVERYWHERE, AND ON KOBO.**

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Any Saskatoon household whose total household income falls under Statistics Canada's Low Income Cut Offs is eligible for the Subsidized Spay and Neuter Program.

This is a collaborative effort to meet the needs of our community. The City of Saskatoon, the Saskatoon Academy of Veterinary Practitioners and the Western College of Veterinary Medicine have joined forces to deliver this initiative, with the assistance of New Hope Dog Rescue, SCAT Street Cat Rescue and the Saskatoon SPCA.

City of Saskatoon

For more information, visit www.saskatoon.ca and look under 'A' for Animal Services.

ANIMAL SERVICES

flurries

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Stuff your turkey with butter-nutty pecan flavour

Ingredients

Stuffing
- 1/2 onion, finely chopped
- 1 egg
- 1/4 cup (60 ml) milk
- 2 slices of bread, cut into cubes
- 1 1/3 cup (325 ml) grated butternut squash
- 1/3 cup (75 ml) pecan pieces
- 5 oz (150 g) Gunn's Hill Five Brothers cheese, cut into small cubes
- Freshly ground pepper

Turkey
- 2 lb (1 kg) boneless skinless turkey breast
- 18 very thin slices of pancetta (about 4 oz/125 g)
- 2 tbsp (30 ml) thyme leaves

1. Preheat oven to 375 F (190 C).

2. Stuffing: In non-stick dry skillet over medium heat, sauté onion until soft. Let cool.

3. Beat egg with milk in a large bowl. Add bread and wait 2 minutes to allow it to soak up liquid. Stir in onions, squash, pecans and cheese. Generously season with pepper.

4. Turkey: Slice turkey breast in half lengthwise, without cutting all the way through, and open like a book. Cover with plastic wrap and flatten with a butcher's mallet or a rolling pin, until about 1/2 inch (1 cm) thick.

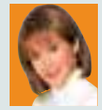
5. Spread bottom part with stuffing and close up turkey breast to seal stuffing inside. If desired, tie with string like a roast or hold in place using toothpicks. Place in a baking dish pan and cover top of turkey with pancetta and thyme.

6. Roast for 1 hour or until meat thermometer reads 170 F (77 C). Let rest 10 minutes before slicing. Serve with seasonal vegetables. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)**

This recipe serves eight. DAIRY FARMERS OF CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Tortilla chips are a favourite snack or appetizer at Mexican restaurants for many people, but what you dip them in could add up quickly in calories and fat.

Taco Del Mar tortilla chips and guacamole

740 calories /44 g fat
An avocado has more than 300 calories and 30 grams of fat. The fat is heart healthy but calories add up.

Equivalent

A serving of tortilla chips with guac is equal in calories to 90 Lays baked potato chips and 1/2 cup tomato salsa.

Taco Del Mar tortilla chips and salsa

440 calories / 21 g fat
Save the calories and enjoy a tomato-based salsa with only vegetables added. Then you can afford the Mexican dinner.

Appetizer. Queso Fresco Cheese with Apples

It's fitting that in Mexico, where it originates, queso fresco literally means "fresh cheese". That's because it is a light cheese that is milky and mild. Queso fresco also has a trademark salty-sour kick, and while it's creamy by nature of its freshness, it's not rich or buttery tasting.

Here it stars in a delicious appetizer with apples and nuts.

Ingredients

- 2 apples, sliced or cut into small wedges
- 1 tbsp (15 ml) butter, melted
- 1 tbsp (15 ml) honey
- 1 tsp (5 ml) fresh rosemary leaves
- 1/4 cup (60 ml) nuts, your choice (pistachios, walnuts, almonds, pecans), optional
- 8 oz (225 g) Latin Foods Queso Fresco cheese
- Freshly ground pepper

1. Preheat oven to 450 F (230 C).

2. In an oven-safe medium baking dish, mix apples, butter, honey, rosemary and nuts, if using. Place cheese over apples, season to taste with pepper. Bake for 15 to 20 minutes or until hot and golden brown. Place the dish on the table and enjoy while the cheese is hot. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)**

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He travels the world in search of nightmares

Adam the monster hunter. The career of a cryptozoologist combines both science and the supernatural

Adam Davies is serious about a job that some might find silly. HANDOUT

As one of the world's leading cryptozoologists, Adam Davies has pursued the death worm of Mongolia and the Mokele-mbembe lake monster of Congo, the Sasquatch and the Yeti. The British explorer spoke to us about the need to make his passion more respectable.

What is cryptozoology?

It's basically looking for unknown or undiscovered animals, and that for me is about working with credible scientists. It's a broad sphere and you have to dismiss some of it. If someone says they saw a unicorn in their garden I'm not interested, but if they saw a rare primate in the jungle it's game on.

Artist's rendering of the Orang Pendek. CENTRE FOR FORTEAN ZOOLOGY

Where are your hunting grounds?

In the last year I've looked for Bigfoot in the US, and the Orang Pendek — the Sumatran ape-man. I've looked for the Congolese dinosaur for the BBC and the Yeti in Nepal. I've been almost anywhere on the planet, mostly on my own time and money.

What is your number 1 ambition?

I've always been interested in bipedal primates and if I could prove the Orang Pendek that would be the find of the century. We've come close to proving it with hairs and prints, most skeptics would accept it's highly plausible.

Are these species being covered up?

I don't believe so as I have worked with governments on my projects. The problem is the species are very rare and elusive, as you would be if you were under threat.

Some of cryptozoology is just bizarre right?

It's a broad area and that's why it's important to work with credible scientists to corroborate findings. We need more rigor in the field, such as through sending hairs for DNA tests. But there is also a place for eccentricity. METRO WORLD NEWS

'Round the world wisdom

Facing adversity? Expectations can be a heavy burden

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

I started the Gobi March hoping to finish it. I ran free of expectations for the first four days, each a marathon in length. Somehow, I ran it very fast. I wasn't paying attention to the results, simply grateful to be there, each day closer to finishing the race. After the fourth day, I was then advised that I was in the lead in the 40- to 50-year-old category.

On the fifth day, it all changed. I started to run not to lose.

Each of us ran the race with about 25 pounds of food, meds, survival gear, and clothes in our backpacks. On day five, I started to add invisible baggage to my backpack; expectations, stress, and especially fear of failure. It no longer weighed 25 pounds, it weighed a ton, and I ran slowly and nervously. My mental narrative until then was "this is the most beautiful desert I've ever seen". Now, all I could hear myself say was "don't mess up".

I realized that my whole life had been lived with outcomes in mind. When I returned home, I became present to a much bigger problem; I put expectations on others too! I was adding weight to others' already full backpacks.

Today, I try to avoid having expectations around a specific outcome. I tell people I can be counted on to give my best effort, and I ask the same from others. The results will be what they will be. With this approach, I have since found that the results have gotten better.

Have you tried to give your best as opposed to try to meet expectations?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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High-flying Seahawks fall prey to division rival 49ers

NFL. San Fran keeps its NFC West title hopes alive by edging Seattle

The San Francisco 49ers aren't handing over their two-year division reign just yet. And certainly not on their home field where they rarely lose against the NFC West.

Phil Dawson kicked a 22-yard field goal with 26 seconds remaining and the Niners held off the nemesis Seahawks 19-17 on Sunday, denying Seattle a chance to clinch the division at Candlestick Park.

Frank Gore broke a 51-yard gain with just more than four minutes left to set up the go-ahead 11-play, 76-yard drive as the 49ers (9-4) kept the playoff-bound Seahawks (11-2) from grabbing away the West in San Francisco.

Dawson's fourth field goal of the day gave him 20 straight converted field goals, a franchise record topping Joe Nedney's 18 consecutive in 2006-07.

Russell Wilson threw a 39-yard touchdown pass to Luke Willson and Marshawn Lynch ran for an 11-yard score for Seattle.

The 49ers are unbeaten at home against the West since losing to the Seahawks on Oct. 26, 2008.

In an emotionally fuelled afternoon of missed chances and costly penalties, this rivalry game more than lived up to the hype. Seattle was denied a chance for its franchise-best sixth road victory, while the 49ers know they need every win the rest of the way for their own playoff positioning.

Eric Wright, who briefly left the game with a head injury, intercepted a last-ditch deep pass by Wilson with nine seconds left to seal it.

The two young quarterbacks finished with nearly the same stats lines. Wilson went 15 of 25 for 199 yards and a touchdown with one interception, while counterpart Colin Kaepernick threw for 175 yards and completed 15 of his 29 passes with a TD and an interception. THE ASSOCIATED PRESS

Winning streak over

The Seahawks had their seven-game winning streak snapped since an Oct. 6 loss at Indianapolis. They had won the last two meetings, both at home, by outscoring the 49ers 71-16.

Colin Kaepernick of the 49ers scrambles with the Seahawks' Bobby Wagner in pursuit on Sunday in San Francisco.
THEARON W. HENDERSON/GETTY IMAGES

Jennifer Jones and Brad Jacobs will represent Canada at the Sochi Olympics. THE CANADIAN PRESS

Jacobs books trip to Sochi

It was fitting that Brad Jacobs sealed his right to represent Canada at the Olympics with one more big-weight double Sunday afternoon, and he never even considered a less risky shot.

"You're throwing that double to win the game," he said after beating John Morris 7-4 at MTS Centre in Winnipeg.

He said his third, Ryan Fry, told him it was coming.

"Fry said it to me, 'You're going to have a double either way here and we're playing it.' So my mind was already wrapped around some big weight shot before I even threw it."

Jacobs joins Winnipeg's Jennifer Jones, who defeated Sherry Middaugh 8-4 Saturday night to win the women's slot, the one prize that has eluded her in a championship-filled career.

Jacobs went into the game as the favourite, after earning his final spot by sweeping the round robin seven straight with a hard-hitting, muscular, fist-pumping brand of curling that delighted the crowd.

It's also clean and near perfect when it counts.

"That's our style," he said.

With no hometown heroes left to root for Sunday at the Tim Hortons Roar of the Rings, the crowd switched its allegiance to the Jacobs rink. It doesn't hurt that Fry — the son of Manitoba curling legend and Brier winner Barry Fry — was born in Winnipeg. THE CANADIAN PRESS

Olympic memorabilia

Gold medal fetches $1.4M at auction

An Olympic gold medal won by Jesse Owens at the 1936 Berlin Games has sold for a record $1.4 million in an online auction.

SCP Auctions said Pittsburgh Penguins co-owner Ron Burkle paid $1,466,574, the highest price for a piece of Olympic memorabilia. The online auction ended Sunday.

Owens won gold in the 100- and 200-metres, 400 relay and long jump at the games attended by Adolph Hitler, who used the Olympics to showcase his ideas of Aryan supremacy.

According to the auction house, the medal is unidentifiable to a specific event. THE ASSOCIATED PRESS

NBA

Raptors ready to ship out Gay

It appears Rudy Gay is heading out of Toronto.

The Raptors are expected to announce a trade Monday that will send the 27-year-old small forward along with centre Aaron Gray and forward Quincy Acy to the Sacramento Kings, according to multiple reports.

The Raptors will reportedly get guards John Salmons and Greivis Vasquez, forward Patrick Patterson and centre Chuck Hayes in return.

The six-foot-eight, 230-pound Gay is the Raptors' highest paid player with a contract that pays him $17.8 million US this season with a $19.3-million player option for next season. THE CANADIAN PRESS

LPGA

Ko wins 1st title as a pro in 2nd try

Lydia Ko rallied to win her first title as a professional.

The 16-year-old from New Zealand won the Swinging Skirts World Ladies Masters on Sunday, closing with a 4-under 68 for a three-stroke victory. THE ASSOCIATED PRESS

4 SPORTS

Bruins stick to hockey to brush aside Leafs

NHL. Boston gets by without several regulars, including enforcer Thornton after chippy game vs. Pens the prior night

The depleted Boston Bruins, in the spotlight for all the wrong reasons the previous night, rallied with three goals in the second period to defeat the Toronto Maple Leafs 5-2 on Sunday.

Coming off an ugly, violent Saturday night win over Pittsburgh, the Bruins (20-8-2) were without suspended forward Shawn Thornton and the injured Loui Eriksson and Chris Kelly, among others.

It showed as the Leafs, who beat Ottawa 4-3 in a shootout Saturday, controlled the early going and led 1-0 after the first. But the Bruins' three-goal outburst in the second period, including a pair of power-play goals in a 94-second stretch, left the Leafs in their wake.

Toronto, which also gave up two power-play goals against the Senators, went 0-for-4 on its power play Sunday. The Bruins outshot the Leafs 40-32.

Peter Holland and Jay McClement scored for Toronto (16-12-3) before an announced crowd of 19,165.

Carl Soderberg, Torey Krug, Kevan Miller, Jarome Iginla and Patrice Bergeron — with an empty-net goal coming out of the penalty box with 11 seconds remaining — scored for Boston, which came into the game under the spotlight thanks to Thornton's meltdown at TD Garden.

The Bruins tough guy is suspended pending a league hearing into a sucker-punch attack that sent Pens defenceman Brooks Orpik to hospital. THE CANADIAN PRESS

The Bruins' Ryan Spooner, left, and the Maple Leafs' Carter Ashton battle for the puck in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

NHL

Wild withstand Sharks' attack

Josh Harding made 37 saves in another strong home outing, and the Minnesota Wild beat the San Jose Sharks 3-1 on Sunday night despite recording only 13 shots.

Zach Parise scored twice — once into an empty net — and Mikko Koivu added a goal for the Wild, who have won three of four.

Patrick Marleau scored with 1:41 left for San Jose, which went 1-3 on a four-game trip. The Sharks, who have lost three in a row in regulation for the first time this season, are 0-5-1 in their last six games in Minnesota.

Antti Niemi made 10 saves.

Parise and Koivu scored second-period goals to give Minnesota a 2-0 lead. Parise pushed the Wild's edge back to two goals when he scored at 19:54 of the third period.

Harding, who improved to 13-1 at home, is 16-4-3 overall. He entered the game with an NHL-best 1.52 goals-against average, and he moved into a second-place tie with Niemi and Pittsburgh's Marc-Andre Fleury for most wins. THE ASSOCIATED PRESS

Jason Pominville of the Wild congratulates teammate goalie Josh Harding after defeating the Sharks 3-1 on Sunday. ANN HEISENFELT/THE ASSOCIATED PRESS

Alpine skiing. Vonn: 'I'm ready for Sochi'

After a fifth-place finish in a World Cup super-G, her third race in three days, Lindsey Vonn used six simple words to sum up where things stand in her comeback from major knee surgery.

"I know," Vonn said, "I can win again."

She also had this to say after coming within a second of winner Lara Gut of Switzerland on Sunday: "I'm ready for Sochi."

The 2014 Winter Games are less than two full months away, and Vonn said she might only race one or two times before then.

"I know that I'm skiing well," said Vonn, the 2010 Olympic downhill gold medallist and a four-time overall World Cup champion. "So I know that I don't need to push myself and try to push the limits of my knee to race as many as races as I can."

Until this weekend, the 29-year-old American had not competed since a high-speed crash at the world championships last February ripped two ligaments in her right knee and broke a bone in that leg. Working her way back from that, Vonn had a setback less than three weeks ago, partially re-tearing her reconstructed right ACL.

"She had a trauma about a month ago, so it's very impressive that she's doing it," said U.S. teammate Leanne Smith. "Every one of her teammates are her biggest fans, I would say. We're happy to have her back." THE ASSOCIATED PRESS

Shaking off the rust

Lindsey Vonn's first race in 10 months was Friday's downhill in which she wound up 40th, ending a seven-race winning streak at Lake Louise.

- In Saturday's downhill, Vonn was 11th.

NCAA football

FSU, Auburn to square off for BCS championship

No. 1 Florida State and No. 2 Auburn will play in the final BCS championship game on Jan. 6 at the Rose Bowl in Pasadena, Calif.

The match made Saturday night when the Seminoles and Tigers won their conference championship games and Ohio State lost, became official when the pairings for all the marquee bowl games were announced.

The Seminoles played in the first three BCS title games, winning one, but haven't been back since 2000. Auburn is 1-for-1 in championship games, winning the 2010 title behind Heisman winner Cam Newton.

Florida State quarterback Jameis Winston is the favourite to win this season's Heisman.

Auburn is trying to extend the Southeastern Conference's national title streak to eight. THE ASSOCIATED PRESS

NCAA football

Alabama draws Oklahoma in Sugar Bowl

In a rare meeting between two of the nation's most storied programs, No. 3 Alabama and No. 11 Oklahoma will face off Jan. 2 in the Sugar Bowl at New Orleans.

This will mark only the fifth time Alabama (11-1) and Oklahoma (10-2) have played each other and first time since 2003.

Alabama was ranked No. 1 all season and seemed headed toward a shot at a third straight national title before falling 34-28 to No. 2 Auburn. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may be open and honest by nature but is letting any one and everyone know what you are thinking such a good idea?

♉ Taurus
April 21 - May 21
There is a lot of pressure on you at the moment, the sort that would make other people crack. But you're not other people, you're a Taurus, and giving in and giving up are not in your nature. What's the worst that can happen?

♊ Gemini
May 22 - June 21
You may have to be cruel to be kind today. The planets indicate that someone you are close to emotionally needs to be reminded that they can't always have things their own way.

♋ Cancer
June 22 - July 23
Jupiter in your sign is giving you plenty of big ideas but because the planet of expansion is moving retrograde at the moment you must take care.

♌ Leo
July 24 - Aug. 23
Whatever your current problems may be they're not as bad as they seem.

♍ Virgo
Aug. 24 - Sept. 23
You will encounter hostility of some sort over the next 24 hours, most likely from someone who resents your ability to point out where they are going wrong. If it gets heated you would be wise to turn your back and walk away.

♎ Libra
Sept. 24 - Oct. 23
Make a point of respecting other people's right to have opinions you don't agree with. If you must criticize what they say at least do so in a civilized fashion.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how honest you think someone may be you would be wise not to let them make decisions for you today, especially if those decisions involve your hard-earned cash.

♐ Sagittarius
Nov. 23 - Dec. 21
Some of the people you have to deal with today will drag their feet and find excuses why they cannot deliver what you require.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you work or do business with has been taking liberties of late and you are almost at the point where you have to say something rude.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to get excited about something that is not important today or you may miss out on something that is. There are so many distractions in your life at the moment that your brain cannot possibly keep track of them all.

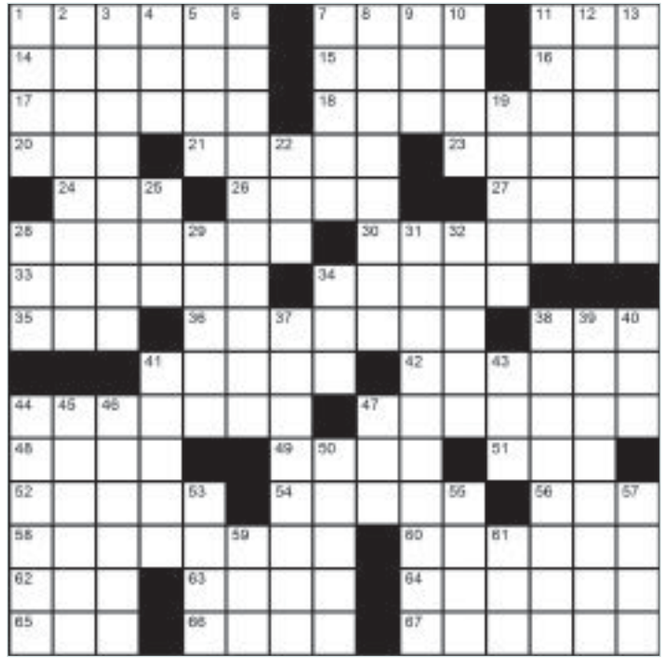
♓ Pisces
Feb. 20 - March 20
If you are smart you will tone down some of your more outrageous ideas today, at least while in the presence of people you need to stay on good terms with.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

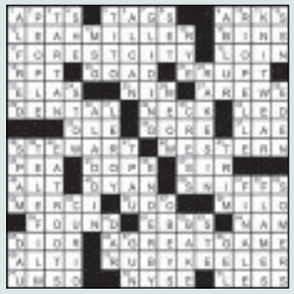
BY KELLY ANN BUCHANAN



Across
1. Southern Manitoba community
7. Good: French
11. Knee injury [acronym]
14. Flip over the 'Closed' sign
15. To, archaically
16. Francis __, "Love Story" (1970) score composer
17. Tempt the fish again
18. "We are __ / We are golden..." - Joni Mitchell, "Woodstock"
20. __ Paulo, Brazil
21. Second Cup offering
23. Medieval helmet
24. Stone __
26. Raise
27. Blue dye
28. Imperativeness
30. Niagara-on-the-Lake export
33. Communicate in the direction of, lion-style: 2 wds.
34. Some papers
35. Holiday __
36. Explanatory picture
38. Guileful
41. Religious orders
42. Kitchen gadget, lemon __
44. Early computer programing language
47. Monty __ Flying Circus
48. Prefix with 'logical'
49. Eyes: Spanish
51. Tycoon Mr. 'O'
52. "Chip '_ __: Rescue Rangers"
54. Terra __
56. "Oh, give __ _ home..."
58. Group of Seven member, _._. __ (b.1898 - d.1992)
60. Cleopatra's guy
62. Batch
63. Leaning Tower of __
64. Bring on
65. Charlotte's Web author Mr. White, et al.
66. Hair accessories
67. Took a breather

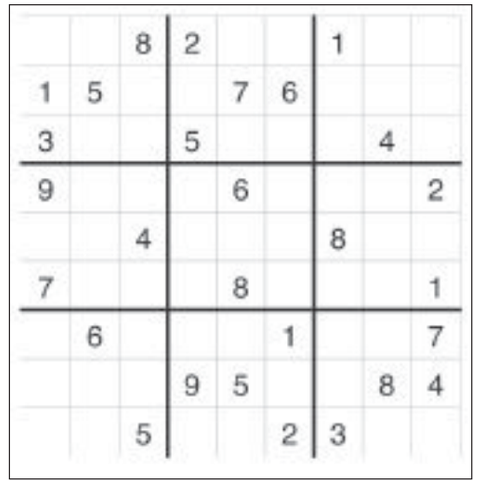
Down
1. Train stn. postings
2. Canada's 'Metal Queen', born in Belleville, ON: 2 wds.
3. Sled
4. __-locka, Florida
5. Mr. Young
6. Lieu of Prince Harry's current charity trek: 2 wds.
7. Rapper, __ Rhymes
8. The BC __
9. 7th Greek letter
10. Romance novelist Ms. Roberts
11. Reunion attendees
12. __ __ point... (For example...)
13. Small
19. Sketches
22. Scottish writer, Josephine __
25. 'Ballad' suffix
28. Spoonbender Mr. Geller
29. Consumer advocate, Ralph __
31. Emily Carr's painting The __ __ recently sold for $3.39 million, a record-breaking auction price for her
32. Ant, archaically
34. Friends of HIJKs
37. Free: 3 wds.
38. Leave in a huff: 2 wds.
39. Mildness, as in a judge's ruling
40. Mos. and mos.
41. Tunic of ancient Rome
43. Doo-Wop music syllable
44. Closing curtain
45. Honey Do List task: 2 wds.
46. Is affected by
47. Plant holder
50. The __ Brothers
53. Sporty TV network
55. Author Ms. Rice
57. Positively-replied at sea
59. "Sprechen __ Deutsch?"
61. QB's feats

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



		8	2			1		
1	5			7	6			
3			5				4	
9				6				2
		4				8		
7				8				1
	6				1			7
			9	5			8	4
		5			2	3		

Friday's Sudoku

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